

Rationale for Goals of the Heart

What makes a goal of the heart?

A goal of the heart addresses the cultivation of virtues that help us to more closely reflect Jesus' Way of Being and Acting. It is in the living out of such goals that our consciousness and mindsets can become changed, and hopefully we will see events and challenges in a holistic manner.

What are these virtues of the heart?

You can find some suggestions in the video that was sent to you in late August 2024. Other virtues that may be included in this collection are those that have the capacity to help us become more generous and compassionate people available for service to God and to God's Church.

What makes a goal observable?

A result of practicing the designated virtue may result, with the help of God's grace, in a new way of being together. The daily life of the local community cultivating a virtue together will have observable behaviors. How will this goal make a difference in our community living?



Creating a Goal of the Heart

A Goal of the Heart	Worthwhile Practices but Not Goals of the Heart
Virtue: Patience We will listen to others and <i>pause briefly before responding to a conversation in order to convey attention and interest to others.</i> (providing love and support) Note: The highlighted portion of the sentence above shows how the community can see this virtue being realized.	We will be sure to sign out the car when needed and be mindful of returning it home when indicated.
Virtue: Acceptance of Others We will accept others in the local community as they are <i>without making comments to others about their actions.</i> (patience and non-judgment)	We will conserve energy by turning out lights when we leave a room.

A Suggested Format for Deciding upon a Goal of the Heart

1. The community gathers as a whole or, for larger communities, in small groups. A leader asks the participants to share a strength of community living that is noticed. Each participant shares.
2. The leader then asks, "What have you noticed that might be a place where we as a local community can grow or change our mindset?" Each participant then shares - use the practice of contemplative listening after each sharing. (Contemplative listening involves a brief silence before the next participant begins to share.)
3. Based upon the sharing, the leader asks, "What have you heard that resonates in your heart?" Participants share and, if possible, give a brief reason for the shared thought.
4. Communally, the community makes a choice from what the sisters shared.
5. Together, the community decides what behaviors, ways of being, attitudes will be evident in an effort for the community to observe their work.
6. One sister volunteers to record the choices on the template. Be brief as possible. Resist any temptation to "wordsmith".